



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09367, Cherries, sweet, canned, pitted, heavy syrup, drained

Report Date: June 30, 2017 00:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	77.61	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Energy	kcal	83	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	348	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Protein	g	0.73	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Total lipid (fat)	g	0.21	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Ash	g	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Carbohydrate, by difference	g	21.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fiber, total dietary	g	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Sugars, total	g	16.18	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Minerals													
Calcium, Ca	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Iron, Fe	mg	0.35	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Magnesium, Mg	mg	9	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Phosphorus, P	mg	20	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Potassium, K	mg	148	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Copper, Cu	mg	0.176	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Manganese, Mn	mg	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Selenium, Se	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	3.6	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Thiamin	mg	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Riboflavin	mg	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Niacin	mg	0.396	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Pantothenic acid	mg	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Vitamin B-6	mg	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Choline, total	mg	2.7	--	--	--	--	--	--	--	--	Calculated or imputed	09074	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	142	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Vitamin A, IU	IU	237	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Lutein + zeaxanthin	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	09074	01/2003
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	09074	06/2008
Lipids													
Fatty acids, total saturated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
16:0	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total monounsaturated	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
18:1 undifferentiated	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total polyunsaturated	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
18:2 undifferentiated	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
18:3 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2008
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003